

QC

LEGACY

Ashley Martin remembers her friend and colleague Andre Matte **P. 4**

SHARP EATS

Boutique vertical farming may sprout micro greens for the masses **P. 22**

WINE WORLD

What happens when you chill a Beach House in a snowbank? **P. 23**

SPARKING THE ARTS

ANDORLIE HILLSTROM
HAS DEVOTED HER LIFE
TO THE CREATIVE **WORLD**
P. 14



FREE

FASHION

What's your winter style?
Send a note to qc@leaderpost.com

REGINA FASHION

Philippe Leclerc: Brightness and contrast

By Ashley Martin

Maybe it has to do with his advertising background, but Philippe Leclerc's wardrobe is pretty on your face.

He is not one to default to blue and grey like many men do. "Don't be afraid of colour" is his mantra.

Leclerc, who works in executive communications for the City of Regina, has long advised to be a well-dressed professional.

Working in Asia for five years in Hong Kong and Singapore, he learned fashion practically by osmosis. Each day he'd walk by Gucci, Paul Smith and Guo, as the designers had stores in Leclerc's office tower.

Simple observation opened his eyes to the different styles of the continent — quite the change from his first foray into fashion as a teenager when his Ontario hometown got its first Le Chateau.

"There's quite a bit more out there that we don't normally get exposed to. It was just interesting to see the very different visual codes and different colours, patterns and use of patterns," said Leclerc, who tends to shop online and wheel carefully embroidered coats.

Sometimes he goes for themes, matching his socks to his shirt, but most times he mixes it up. The trick?

"I've got shirts I've got squares. I've got patterns," he said. "It's more about expression than necessarily a true match because I feel that if you're confident enough to wear it, then that makes it match."

1 GLASSES:

Jean Reno from *TV Detectives*. The tri-tone glasses "put people's eye off the shirt," said Leclerc. "I also like the shape as well. They're not quite oval."

2 SHIRT:

Robert Graham

3 JACKET:

Salvi Orange. "Some of the fabrics they're using are really quite vibrant and quite alive."

4 BELT:

Ben Sherman

5 BRACELET:

"This is a bit of a New Year's Resolution. First, it looks the amount of straps you take in a day."

6 PANTS:

Finland men's pants that aren't just grey or grey with just a stripe, oh my god. These are just grey with a window pane, but they're something a little different."

7 SHOES:

John Fluevog. "These shoes are amazingly comfortable."



Philippe Leclerc, who works in executive communications for the City of Regina, is not afraid to mix and match colours. QC PHOTO BY IVY HUNTER

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ON THE COVER P. 14



Anyorfe Hildrew looks on while Garrett and Brandon Alford embrace some bees for an upcoming musical at Class Act Studios in Regina. **QC PHOTO BY MICHAEL BELL.**

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Lisa Pritch Langman and Glen Langman pose at their favourite place in Regina, the Wilby the Book Land bookstore. **QC PHOTO BY MICHAEL BELL.**

QC COVER PHOTO BY MICHAEL BELL

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LEGACY

IN REMEMBRANCE

He set out to make the world a better place

By Ashley Martin

Andrew Matte loved a bargain bin. That was for one on Third Avenue brought another love into his life.

In summer 2001, the sale hooked him up with a woman named Rhonda, who was selling a golf bag.

Though they'd only just met, Rhonda had a hunch that Andrew would hit it off with a woman she knew.

"I want to set you up on a blind date," Gerardo Obregon told Rhonda the way Andrew came into her life. "I thought, OK what the hell, it's a free lunch."

He was relatively new to the city having moved here in 2000 for a job at the LeaderPost.

Andrew's life really came together in Regina. He loved it there," says Aaron Matte, Andrew's middle brother.

Andrew had moved around a fair amount in his life. Born in 1961 in Brampton, he spent his formative years in Ottawa and Winnipeg. His dad, Terry Matte, was a journalist for CBC, and Andrew followed in his footsteps.

"He was drawn to journalism, firstly by watching dad work hard and enjoy it," says Aaron. Studying broadcasting at Ottawa's Algonquin College, "He loved it from the beginning."

His journalists' career took him to Toronto, Tucson and Boston. He dreamed 100 stories to the Globe and Mail over a decade of trying to land his dream gig there, but he was never hired.

He recently submitted an interview subject, "Thank God I didn't get a job at the Globe and Mail, because here I am interviewing a really interesting person and I'm creating and I met my wife — so I wouldn't change a thing either!"

A first date at Mattie's followed a few emails in which Andrew (a general Gerardo with his writing ability) As they got closer she saw how smart and self-motivated a person he was.

The door was jammed on her CD player. Andrew offered to take a look.

Soon the basement was out and there were games of toy CD player flying everywhere. It was denied what she remembered.

But the next day he bought her a new stereo. And he did get the CDs out of the old one. (He wasn't afraid to try anything, sometimes to a detriment. Last year in a home renovation mishap, he ended up with epoxy and not in his eye.)

When he proposed, it was less than lovely. He pulled a ring out of his jeans and groined. "I think we should make it official."

But his romantic side came out in other ways. He'd never let her pump her own gas and when they married on Sept. 22, 2001 in Lady Stinger Courtyard, he was the one saying.

Ever the giver after high school, the big brother volunteer would take his "little brother" skating or to play cards.

"I remember joking, 'What are you running for mayor or something?'" Aaron recalls. "I didn't take me too long to realize that there was something about my big brother that was special. He taught me that true compassion could show itself in small, practical gestures."

That was true to his last day on Earth, when he took up a celebration for a longtime LP Christmas lady whose husband would be spending Christmas in the hospital.

His kindness extended to strong ones. He'd give a \$20 bill to a teenager just because, or pick up someone else's tab in a restaurant when he was paying his own.

Even after he'd cut sugar from his diet, he'd donate \$5 to a kid selling chocolate fudge to raise money.

As president of the Saskatchewan Media Guild, the union that represents LeaderPost newsmen, employees, he wasn't shy with a cheeky quip. He believed in sharing the wealth either. That meant sponsoring youth hockey players or supporting local women's athletes through the



Andrew Matte (left) and Gerardo Obregon (right) at a recent LP Christmas dinner. (Photo by Ashley Martin for the LeaderPost)

LP Christmas Cheer Fund.

If someone was angry, he'd encourage them by being creative. When he did a wrong number he'd wish the person a great day.

"When I'd leave in the morning (for work) — he'd say, 'Go make the world a better place today,'" says Gerardo. "Honestly I think it was his own mantra that he was saying out

loud for himself."

His passion came out daily in his much life lived inside — both above and below the ground. Mom told him to play guitar as a child, but guitar and drums were his preferred instruments. When interviewing Michael Frazier in October, he was excited when he learned the mayor also dabbles in drums.

Andrew challenged himself taking steps on that second the satisfaction of something well surprising everyone with a compelling story.

And in interviews, he'd often come out with this as a phrase — "I'm not a career man" — to garner a more detailed explanation from his interviewers.

Continued on Page 5

Thank God I didn't get a job at the Globe and Mail, because here I am interviewing a really interesting person and I'm creative and I met my wife ... so I wouldn't change a thing either. — Andrew Matte

I worked with Andrew for six years. Before launching QC, in fall 2003, we both talked over-steps on "the desk" (apparently not lying out pages for the next day's newspaper).

As those QC, we two A.M. were just that — a team. We launched our ideas, proofed each other's stories, covered for each other in a pinch. As the organized one, I tried to keep his ideas on track and his stories relatively error-free. As the copywriter, he calmed me down when I'd freak out about things that, in hindsight, didn't warrant a freakout. We joked a lot. We became friends.

Staying just six feet away from Andrew, I'd eavesdrop on his daily, often silly, conversations with his youngest brother Allan. Without fail, he'd pick up the conversation with an enthusiastic, "But never Stan, Karen speaking."

He'd speak often about his four-year-old twin nephews, Gracore and Thomas. Though he can't read, they were his favourite of all his 11 nieces and nephews.

If there ever was a typical work day, that Wednesday Dec. 11, was it.

I mailed it as stressed out about a deadline, and he asked me to do a story. "How can I bridge?"

Later he told me the Shredded Wheat on my desk was going to kill me. When I countered that the cereal is vegan and sugar-free, he had some.

Later still, he gave me a laughing fit with the inappropriate-yet-hilarious line, "I can hear your kidneys" (he'd taken all the way from here).

Lastly he left the office saying, "See you tomorrow A.M."

But there was no tomorrow.

On Dec. 18 at 8:03 a.m., I received the news that my closest colleague had died overnight, quietly, suddenly, at home. Had he not been crying, her voice chattering in his grief-stricken state, I would have thought that Carmelle was delivering a lachrymose joke — Andrew's idea, of course. It really was.

As per Andrew's wishes, there was no funeral service. He was modest guy, and he probably wouldn't like all the attention he'd posthumously been given. The plan is for a memorial celebration, walkways (this summer, the season he loved most).



Andrew Matte gives the thumbs up as QC's new workspace is set up. Photo by Sarah Wright

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MUSIC

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Facebook.com/qcregina

DUSTAN AND GARRIE HLADY

A document of their shared lives

By Sean Trembath

When a couple says they have an album that tells the story of their relationship, they're usually talking about photos.

Dustin and Garrie Hlady's album comes out of your speakers.

"Me and Garrie's whole life together has been chronicled with these songs," says Dustin of Post Party Depression, the first record by Moose Jaw's Friend+Friend, the band they've fronted since 2000.

Post Party Depression is 31 tracks of quickly indie rock anchored by Dustin's scuzz to guitar and thoughtful lyrics, filled out by Garrie's vocal harmonies and peppered with punk-rock sensibility.

The album was recorded hit by hit over four years. In that time, the two broke up, lived in different cities, got back together, got married and, perhaps most importantly, had two children.

"It makes it a lot harder to get out and do it," says Garrie of parenthood's effect on band life.

"We don't live in the same city as our families, so there's always that element of making sure the kids are taken care of before we go out and perform we're rock stars."

The seed for Friend+Friend was planted in Garrie's living room, while the two were still, slightly, just friends. She was getting "bitch" ready to go out. Dustin picked up her guitar and started playing some of his songs.

"I couldn't believe someone I knew wrote songs that good," she says.

He gave her three tracks he had recorded and asked her to write some harmonies. The two started playing open mic



Garrie and Dustin Hlady of Moose Jaw band/friend+friend tell their relationship stories on their new album Post Party Depression. **UNWITTING PHOTO**

and friends' living rooms.

They talk about the band and their relationship as simultaneous entities, developing alongside each other. The band's name is a playful nod to the questions they would get about their relationship whilst on their live-and-date, they made "bitch" with the name on them.

Their first actual gig came when a friend of Dustin's had to drop out of a slot at a music festival in Sask.

Friend+Friend stepped up, recruited some other friends to fill out the band and went for it.

Since then they've played shows and recorded with many different musicians from the Moose Jaw scene. They've had as many as 10 people contribute to a single gig. Their current lineup includes Brian Cepelick on bass and Matt Preece on drums and other instruments.

Playing with so many dif-

ferent musicians has helped not just the live show, but also Dustin's songwriting process.

"I just try to surround myself with great musicians. I just kind of write pretty simple songs on guitar and then meet with the band and I take every suggestion," he says.

The recording schedule for Post Party Depression was dictated by everything else going on in the young family's life. She teaches and he's studying

to do the same. Funds for recording aren't always easy to come by.

"It's been a long labour of love that we've done kind of whenever we've had money to do it. We've got a few hundred dollars extra," says Garrie.

The completed product is available on Amazon and iTunes. The next thing they're working for is a proper pressing of the record.

After that they'll start

writing on the next one says Dustin. Although their lives are busy and music isn't always be the focus, it will always be an important part of how they live.

"I personally think every one should be in a band. You can learn their chords and write 10 songs. It's a great way to express yourself, and it's a great way to record your life," he says.

friend+friend@friendandfriend.com
facebook.com/friendandfriend

INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

AGACIA ACCESSORIES

Pretty pieces don't have to cost an arm and a leg. At *Agacia Accessories*, mother-daughter duo Berni Kowalschuk and Anna Pichtenberg aim to create stylish accessories that won't break the bank. Influenced by vintage and modern trends, they create everyday pieces but also its custom work for wedding parties and the like.

Find them at local craft shows, as well as at *Pure Clothing*, on Facebook and at *AgaciaAccessories.com*.

1. REPAIRABLES: One-of-a-kind button necklaces made from assorted vintage buttons and brooches. \$30-75.

3. PRETTY PENDANT:

Heart cluster necklace. Pink Swarovski heart and blue glass beads. \$60.

3. LOCK (ET) AND KEY: Key heart cluster necklace. Assorted charms, rhinestones and noni flowers. \$58.

4. BUDDING EARLOBES: Blue flower studs. White and rosette-free brass. \$30.

5. SPARKLING STUDS: Rose gold sparkle studs. Swarovski crystals and sterling silver. \$42.

6. VINTAGE FLAIR: Pincock locket, brass locket and glass beads. \$56.



QC PHOTOS BY TONY FUSCO



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IN THE CITY

JANUARY 11, 2014 — 1:54 P.M.

Go figure



Shanna Schaufhausen figure skates at Victoria Park in Igoua. Warm weather has finally arrived in the city and is expected to stay through the weekend. go.maine.gov/news, M14.

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE PLACE

Used bookstore a community staple

By Ashley Martin

For Lisa and Derek Langjan, this is a life-changing month. Their favourite neighbourhood spot, *Buy the Book*, is closing Jan. 31.

After their past a second-hand store, for 18 years *Buy the Book* was a staple in the Oxford area, a meeting place for the community and a pass space for local musicians.

For the Langjans, it was even more than that. The store is owned by Lisa's father, Greg Prych, and brother Chris Prych.

Since returning to Regina from Yorkton a few years ago, the Langjans have been frequent visitors to the store. They along with many others in the neighbourhood, are sad to see the store go as the end of an era.

Q: What does the store mean to both of you?

A: Lisa: It's a place to come and see my family to see my dad and brother to see friends and people in the neighbourhood and the community that it's also just a place to hang out and see what's happening and get to know a store, pick up some vintage records or books or magazines. So some shopping, unload any books or records that I want to get rid of.

Derek: I guess I was kind of fringed into it through family but it's kind of given me, this place. It's an interesting life lesson.

Q: What's your favourite type of item in the store?

A: Derek: Greg's got all this neat sports stuff and there's always something I can find here that quenches my sports thirst. I can come in and find something I have an interest in, baseball or hockey from the '70s or '80s. I can always pick something up and learn something new.

Lisa: I love books, but records probably. That's probably what I've scored the most of over the years, and vintage magazines.

Q: What makes a second-hand store



Lisa Prych Langjan and Greg Prych at their favourite place, *Buy the Book* in Regina. QC PHOTO BY MICHAEL WILL.

expanding to people?

A: Lisa: It always has been a great place just to come and browse, just to tell time, it's just a great place to come on a Saturday afternoon. But at the same time, for some book collectors and readers, it gives you a great value for your money, it is able to pick up books fairly inexpensively and at the same time you're helping them out of the warehouse.

I guess it's the smell of a used bookstore and for me it's a nostalgia thing, seeing older books or older records that you maybe read or had when you were a kid. It just takes

you back to a time or a place.

Q: What's your best *Buy the Book* find?

A: Lisa: I have some older magazines that I really like, some old *Life* and *Time* magazines that are pretty old. Some good Beatles records.

Derek: It's not what I've found, but it's what Chris has found for me. He found a couple of copies, a hard cover of *Sorcerer* which is one of my favourite books, and a hardcover of *Richard Scarry* which is a book I read about 10 times.

They keep an mind what the cut

omers are interested in for sure, but I think a little bit of that has to do with being family.

Q: What do you think the store's closure will mean for the community?

A: Lisa: I think there's going to be a hole, unless someone else takes the initiative to open up a used book and record store... It just adds to the atmosphere and the existence of the neighbourhood as well. It's very strange and, I think, probably hard making by this store without this being here.

Nothing is forever. My dad and my

brother will be enjoying a nice break, so that's the silver lining. 30 days a week, it's a big part of your life.

Derek: I just look for gratitude that this would always be here. I don't think I've ever passed by and not seen them on here or not stopped in myself to just say to one day off or whatever. It'll be tough to walk by here and not see the sign to walk in because it's not the same thing anymore.

I think this event here to realize for me anyway that this was my favourite place in Regina and I'm probably going to have to get a new one now. It does mean a lot to me.

EVENTS

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

MUSIC

Wednesday, Jan. 15

Wednesday Night Folk: Blues and the Jazz
Schweidler
2205 Dewdney Ave.

Jam Night
McNally's, 2205 Dewdney Ave.

Catherine MacLellan
Baja, Creative City Centre
563 Hamilton St.

Thursday, Jan. 16

The Southern Landreth, Blake Bergland
Artful Dodger, 1631 13th Ave.

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Friday, Jan. 17

Longshot
The Pump, 641 Victoria Ave. E.

White Waxers, Halseboro Parade, Peanut Butter Gossards
Artful Dodger, 1631 13th Ave.

He Young, Glenn Kroll
Compass Arts Centre
200 Lakeshore Dr.

Darcy Playground
McNally's, 2205 Dewdney Ave.

Hugh Poorman, The Snake Oil Salesmen
The Exchange, 2631 Eighth Ave.

Saturday, Jan. 18

Darcy Playground
McNally's, 2205 Dewdney Ave.

Shred Kelly
Artful Dodger, 1631 13th Ave.

Longshot
The Pump, 641 Victoria Ave. E.

Scheele
Regina Synophony Orchestra
8 p.m., Compass Arts Centre
200 Lakeshore Dr.

The Band Perry
Sands Centre
1700 Elphinstone St.

Monday, Jan. 20

Monday Night Jazz & Blues: Blues
Wood, Dee
Bulwerwyer
2205 Dewdney Ave.

Open Mic Night
Artful Dodger, 1631 13th Ave.

Tuesday, Jan. 21

Zachary Lewis, Dery & Zee
O'Hanlon's, 1547 Scotch St.

Kerns
Artful Dodger, 1631 13th Ave.

ART

Paul McTwisk
Tamm Campbell and Mark Courtenay present the technique of 'bouncing hair'—floating the eye—in pen-and-ink sculptures
Until Jan. 19, Dunlop Art Gallery—
Central Branch, 239-24th Ave.

Nathalie Desautel: Impassioned Miao
Until Jan. 26, Art Gallery of Regina,
Pell Sullivan Civic Arts Centre, 2420
Elphinstone St.

Mac & Beth
McGrip and Beth Howe Retrospective
Until Feb. 15, Opening Reception: Jan.
16, 5-8 p.m.
Stile Gallery, 2078 Halifax St.

Lucien Dery and Kate Kneels
Bella's House
Jan. 18-March 6
Dunlop Art Gallery—Sherwood Village
Branch
1621 Buckle Lake Blvd.

Revised Pilgrims: The Mounted Police in Art
Until March 31, RCMP Heritage Centre,
2907 Dewdney Ave.

The Artists of Saint-Michael's Fine Arts
New exhibitions quarterly
Until July 31, 2014, Regina Centre
Crossing, 1621 Albert St.

Azalea Lake Gallery
2266 Smith St. Open Tuesday to
Friday 10 a.m.-9:30 p.m., Saturday 10
a.m.-5 p.m.

Nouveau Gallery
216 Albert St. Open Tuesday to
Saturday 10 a.m.-5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists
Lingtao Jiang and Huiyi Tian
2381 Smith St. Open Monday to Saturday,
10 a.m.-5 p.m.

COMEDY

Pass the Hat
Jan. 15, 9 p.m.
The Club at The Exchange, 2631
Eighth Ave.

Kennedy Grid
Every Saturday night
Gabbro, 3330 Dewdney Ave.

THEATRE/FILM

Cinema Politics
Jan. 15
Artful Dodger, 1631 13th Ave.

Comics Screening by Brian Connors
Jan. 16
The Artist, 2627 13th Ave.

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 5643 Hamilton
St.

QUEER CITY CINEMA PERFORMATORIUM 2014

Jan. 15

Velvet/Durack artful presentation
2:30-4:30 p.m.
U of R Rickle Centre room 40

Jan. 16

8 p.m.—Opening performance
(Rodney McClinton)
8:20 p.m.—**When I Get This Feeling**
(Lucien Dery)
9 p.m.—**Pin Pine** (Sarah Hill)
9:45 p.m.—**Thru Snake Avenue**
Syncretics (Michael Gudock)
Neutral Ground Gallery, 8950 Scotch
St. (second floor)

Jan. 17

I Stand in—Jill Vulcan

Jan. 17 p.m.
First Pencil Gallery, 10 of R Rickle
Centre

Art For Lunch—Kris O'Reilly
Noon-1 p.m.
U of R Rickle Centre room 50

Gleg Hede (Joshua Veltchuk)
Henny (Alicia Tolentino)
De De Bitching (Jenelle McGinnis)
8 p.m.—midnight
The Artist, 2627 13th Ave.

Jan. 18

Performers—Artist's reception
Discussion
Noon-2:30 p.m.
The Artful Dodger, 1631 13th Ave.

Untitled (Black History) (Kris O'Reilly)
The Shed (Madeline Robert De Lacer)
Spectral Profiling: I Have Only Silver
Bea & A Lover in English (Francisco
Fernando Grimaldot)
Wind in (Juliana Ferraz)
8 p.m.—midnight
Neutral Ground Gallery, 8950 Scotch
St. (second floor)

SPECIAL EVENTS

Native Poets: Speaker Series
Dr. Glenn Carter presents "Come-
up with in Saskatoon"
Jan. 15, noon-1 p.m.
Royal Saskatchewan Museum, 2445
Albert St.

Schnee Pals
Fandom Drug Analysis Made Easy,
presented by John Hudson
Jan. 18, 7 p.m. Arrive early to secure a
seat
Bulwerwyer Artspace, 2205
Dewdney Ave.

Regina Pils vs. Kootenay
Jan. 17, 7 p.m.
Brock Centre, Elm St.

**Merle 2014: Ukrainian New
Year's Celebration**
Jan. 18, 5 p.m.
Call 306-779-7277 for tickets.
Regina Performing Arts Centre, 1077
Angus St.

Lucky Winkles—Saskatchewan's

Important local events
Nature Regre event
Jan. 20, 7:30 p.m.
Royal Saskatchewan Museum, 2445
Albert St.

NEW MOVIES

Deeds Due
Action
After a mysterious night on their
honeymoon, a newlywed couple
finds themselves dealing with an
unrealized pregnancy as the
months pass, it becomes evident
that the dark changes to her body
and mind have a much more sinister
origin

Jack Ryan: Shadow Recruit
Action
In his new exploit, Jack Ryan (Chris
Pine) works against the clock to stop
the crash of the U.S. economy at the
hands of Russian villains

**The Hobbit: The Desolation of
Smaug**
Family/Animated
A machine war against the world
(Bill Murray) and his friend Buddy
find a nut stone held of outrageous
proportions

Wile Alone
Comedy
Security guard Ben (Jonas Hout) has
been trying for two years to prove
he's good enough to marry Anna,
sister of police detective James (Joe
Cole). When Ben gets accepted into
the academy (James E. James) decides
to talk Ben on a role along, which
leads them to the most hilarious
criminal in the city

Golden Cinema
300 McArthur Blvd. N.
306-552-8888

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon St., 306-565-3383

Regina Public Library Theatre
2301 13th Ave., 306-777-6004

Kramer Inn
2903 Powerhouse Dr.
306-922-4429

Saskatoon Cinemas
Golden Mile Shopping Centre
3806 Albert St., 366-359-5250



Budget basics

The prospect of a remodelled dream home is exciting — all the more reason to carefully plan a budget and get the results you want.

by Rachel Stark CTM Features

You've developed a wish list for your ideal kitchen, bathroom, master bedroom or living room. You've glanced inspiration from magazines, the web and cable TV, hearing a voice whisper with your dream redesigns and how to achieve them. But before you get carried away, it is essential to tackle the more daunting task of budgeting.

Create a thorough, realistic remodelling budget from the start so you and your bank account can be happy long after the paint dries.

"I think so many people put the cart in front of the horse and hire someone to design their dream space, then get the quotation and try to figure out how they are going to afford it," said Rick DeWolf, owner of Ruckit. "The remodeling dilemma: Delirious! We. That's really backward."

How much should I spend?

Before remodeling, homeowners should determine how much they are willing to increase their monthly expenses, DeWolf suggests.

They also should be mindful of why they're remodeling. For instance, is it for

an upcoming holiday? For personal enjoyment? To increase the home's value? This will help determine the amount of money that is wiser to invest in the home.

If the homeowners are planning to move in a few years, it is especially important they consider the value of other homes in their neighbourhood and stay within reasonable standards. Once you determine how much you should expect to spend on a particular project, you can compare that with the expected increase in the value of your home, based on what similar homes in your neighbourhood are selling for.

If you plan to spend more than \$50,000 to remodel, "you better plan on being there for 10 to 15 years to get that return on investment financially," DeWolf said. "As for the enjoyment factor, they might not see the payback in one year."

How much will it cost?

To get a realistic idea of the potential price of a project, a little research can go a long way. Speak to others who have had the same work done, and get estimates from reputable companies.

No matter how hard homeowners try to set and stick to a budget, though, unforeseen problems or opportunities often arise in the remodeling process. That's why many professionals suggest people designate 10 per cent of their budget as contingency money.

"I think it makes a big part," said Jani Peters, a project development manager at Melior Design Build in Boulder, Colo. "Five per cent should be for problems that come up. Not when you open a wall and

find rotting lumber. The other five per cent should be for an opportunity that arises. We should put a window here. This is a creative process."

How do I stick to the budget?

A remodeling company that is thorough and up front in the start will ensure you have minimal unexpected cost increases. "You need to have someone whose goal is to make sure you're happy at the end, not give you a cheaper price up front to get you excited," Peters said.

When choosing the remodeler, remember that good work comes at a cost. Peters adds, "You don't get to have the fastest, the best quality and the cheapest."

And with the proliferation of discount deals on the internet, it's easier than ever to be in the bidding low prices.

"As a consumer, you have to read the fine print," said Janet Galtman, vice president of Galtman Associates, a remodeling company in the Indianapolis area. "If they say you can get a \$5,000 bathroom for \$2,000, it often means one of two things. Either the contractor is going to go out of business, really soon so you're not going to get everything you need."

Galtman suggests viewing several of the sample job listings with past clients and checking if it is a member of a local business association.

While you may be looking to create your dream home, be careful when setting your expectations. "People with really low budgets see those TV shows where people get barely remodels done in two days," he said. "It just doesn't happen that way."

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Reno OPS offers clients a new and unique approach to home renovations. What separates Reno OPS from other companies is that they not only coordinate renovation projects from start to finish, but they also source qualified trades, products and services needed to complete the project.

The success of this company is the result of owner Pam Delays' wealth of experience in the home building field. Pam has successfully completed several personal renovation projects and has worked on a variety of roles, including that of a customer care service coordinator for a local homebuilder.

Only believes the current Eugene real estate market is ripe, making that homeowners will be back to renovate before buying a different house or condo.

"Whether the residential home market goes up or declines, there will always be a need for renovation upgrades to maintain equity in people's homes, and only Reno OPS will help to break the myth that homeowners have to pay higher contractor or designer fees."

With most home renovation projects on the horizon, the need for a qualified local company like

Reno OPS increases. Only is looking forward to embracing the opportunity to provide her customers with a unique, new approach to lowering costs and simplifying an often difficult home renovation project.

"We are like a low Anger's List" and Pam. "One person coordination will result with all aspects of the construction or trades schedule and keep communication open and relevant to the client's needs."

With Reno OPS, homeowners now have a solid, trustworthy building coordinator to assist with their projects. This can eliminate a lot of worry and stress for those who don't have building experience or knowledge.

When you are looking to renovate your home you feel all kinds of things. Pam Delays and her Reno OPS team. They understand how important your home is and they provide themselves in making your renovation experience a positive and smooth process.

For more information on Reno OPS, visit them on line at renovationops.com or on Facebook at [@RenoOpsCPA](https://www.facebook.com/RenoOpsCPA) on Twitter. You can also call 306-570-3435 to have a free 45 minute consultation to discuss your next renovation project.

Living rooms

Even if no fish tank - you really can add living to your living room and other spaces in your home. Long gone are the days of a single happy golden shiner swimming in a circle in its bowl. Today's aquariums are real aquatic habitats that are very easy to setup, to not just see the fish, but you can interact with them.

The water source brings a great opportunity to maintain the atmosphere of your home and make the old new again. By adding a home aquarium to your own and ambient lighting is to better changing landscape a soothing touch of living water and a great conversation piece in your living room. With basketballs in a dry environment, aquariums are also a great way to add some humidity to your environment.

Regina's Prairie Aquariums and Exotics have all the supplies, including live plants, to meet the needs of everyone from first time aquarists to tank owners to long time hobbyists. "We have our tropical display and some of tanks in stock, and can order custom built tanks," said co-owner Shaun Cook. He and Dan Delays opened

the store in 2012 to provide enthusiasts with items previously not available in the region.

"There are lots of options available. Cook and the staff are very knowledgeable and the staff are very helpful. We have a lot of tanks in stock, and we can build a tank for you. We have a lot of tanks in stock, and we can build a tank for you. We have a lot of tanks in stock, and we can build a tank for you."

The staff at PAE have years of experience and they are more than willing to share their knowledge. "We are here to help and answer questions. Cook and the staff are very helpful. We have a lot of tanks in stock, and we can build a tank for you. We have a lot of tanks in stock, and we can build a tank for you."



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Duperreault Renovations high-quality service and craftsmanship

One of the most important decisions you can make when planning home renovations is choosing the right contractor. Jean Duperreault and his son Gabriel are committed to helping homeowners realize their dream of a custom redesigned home. They look at their work as a labour of love and that passion can be seen in their exceptional craftsmanship.

The father-and-son team provides quality construction services with honesty and integrity. They strive to exceed their customers' expectations by providing a high level of professional, courteous and customer service on all projects.

Duperreault Renovations approaches every project as a partnership, and encourages open lines of communication to ensure all renovations are completed to each client's needs and desires.

"We are a company that is committed to craftsmanship, quality and exceptional service," said Jean. "Paying painstaking attention to the construction phase of a project ensures high quality results."

Duperreault Renovations provides quality services and workmanship in commercial and

residential construction and roofing, as well as bathroom and kitchen remodeling. They also specialize in hardwood and laminate flooring.

"We are dedicated to serving our customers' needs, and our goal is 100 per cent customer satisfaction," said Jean. "We strive to bring you the best in quality service and workmanship." While they are operating a relatively new company, Jean and Gabriel combine their experience to give their customers a vibrant blend of old-time quality and value, with modern management and construction.

Jean credits his son for the company's early success.

"Gabriel is a dedicated customer who takes pride in his work, and his attention to detail is second to none," said Jean. "He is a builder who listens and cares in our clients' voices and respects their time and space."

When you need an experienced contractor who is committed to honesty and integrity and providing superior attention, quality construction and exceptional service to every client, look to Jean and Gabriel at Duperreault Renovations. Call 306-737-3644 today for your free, no-obligation estimate.

Windows important for curb appeal, reduced energy and maintenance costs

Your home is one of the largest investments you will ever make. When purchasing windows, the things you can't see make just as much difference as the things you can see. Windows can dramatically increase the value of your home by decreasing energy bills, improving curb appeal and lowering maintenance costs.

Ensuring that windows are installed properly is one of the most overlooked aspects when customers are shopping for windows. Proper installation ensures the investment in your home isn't for naught; that's why every window installed by Clear View Windows and Doors follows the industry's leading best practices to ensure the highest energy efficiency possible.

The key to proper window installation is dependent on the products used to install the window. When using quality materials, such as high-quality sealants, insulation and sill membranes are used in the installation process. Using the proper sealants is the first defence against water and air leaks when installing windows. Many advanced rubber-based sealants incorporate extra-based sealants in the harsh Saskatchewan climate to ensure the window you just purchased is sealed.

properly to your home, it pays to come. If the insulation was standard years ago. However, when removing old windows, Clear View has seen how the insulation, including weather windows and doors bills and breaks down over the years. It's not uncommon to see a finished insulation material and with moisture as well as mould. That's why Clear View Windows and Doors pays for them to be replaced for windows and doors to ensure a window and an airtight seal. As a final step, a rubberized asphalt sill membrane is installed on the bottom of the window opening to ensure that the integrity of the home is disrupted is never compromised by water.

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We make jobs for ourselves because other people aren't necessarily going to.

—Andorine Hillstrom

PERFORMING ARTS

Hillstrom's love of the arts goes way back

By Ashley Martin,
with files from Andrew Matte

It is a not easy making a living as the arts.

There are more lucrative careers, to be sure. But even though some parents would sway their children as an other post-secondary direction, Andorine Hillstrom says plenty understand her daughter's passion for performing. It nurtured her own passion for musical theatre.

"I've realized how lucky I've been to have this amazing mother who knows exactly what I'm talking about," says Jacqueline Routhier. "That's the best thing in the world, to have a mother who understands you and supports you 100 per cent." At age 18, she has already performed at the Stratford Festival and on Broadway.

Hillstrom's own parents, though supportive, had their doubts.

"They couldn't understand my need, my absolute cry and need to be involved in the arts. It was obvious," she says. "There was some friction."

Even so, Ian and Joyce Atfield had their daughter enrolled in singing lessons her entire childhood. If they couldn't drive her, they'd send her on a bus from London to Regina, or Saskatoon as she could get training.

Hillstrom's parents were artists themselves. From an early age, she would sit at the piano with her mom, Janice, and they'd sing together. But Ian was a brilliant painter. But they married young and had four children, of whom Hillstrom was the eldest. Their artistic passions gave way to making a family. It frustrated her.

"I was determined that wasn't going to happen to me."

And after graduation from Langens Central High School, "I just felt there was something else out there that I wanted to do."

Looking back, it's hard to imagine she would have worked in any other field than the arts.

By 1985, she was winning her "musical imagination" to direct her schoolmates in self-written plays.

"I drove my teachers insane."

Today, she can see herself in the students she teaches each day.

In 1993, Hillstrom launched Class Act Theatre Studio, which evolved to include the performance company Do It With Class. She wanted to share her love of the arts with young people and give them an opportunity to learn new skills.

More importantly, she wanted to create strong citizens who will give back to their community. Even if they don't go on to be performers, some become arts educators and others learn skills like public speaking, logical thinking and teamwork.

"What they have developed is a really important part of arts education in the city," said actor Amy Malyska, who performed with DOW during her first year of university.



Andorine Hillstrom poses beside a poster for a production of *Titanic*, being presented by Class Act Studio in Regina. (photo by amy malyska)

It's this semi-professional atmosphere. It's a lot of work, the training is extensive. They cram so much into the year
— Amy Matysio

Twenty years after Class Act's first production hit the Globe Theatre stage, Do It With Class celebrated with a production of *Talents of the Canadian Arts Centre*. The cast included 50 students, Hartney among them.

"I know that *Amadeus* is a great and her passion for the work definitely has been what's driven the company," says Matysio.

♦ ♦ ♦

While studying music performance at the University of Saskatchewan, Hillstrom's summers were spent on scholarship in London at the school of Fine Arts. She loved opera and saw her self studying at Guild Hall in London, England.

But in Saskatoon, she was hit by the theatre bug. She received a minor in drama and headed to Vancouver after graduation with the intent of acting.

While entertaining herself on the road,

comedy acts across, though, she was increasingly becoming back home.

Some of her first jobs were with Saskatoon's Persephone Theatre.

Meanwhile in Vancouver audition, she had to pretend home didn't exist. Hillstrom found entry on that "it was important not to say I was from Saskatchewan." Directors "wouldn't take you seriously" if you weren't from the city.

Eventually, it didn't make sense to keep Vancouver as a home base. She moved back to Saskatoon. Then lived in Winnipeg for three years where her son James Attridge was born in July 1985.

When Hillstrom returned to Saskatoon, she got a job at the Holiday Inn & K&N Hospitality's restaurant. Then, in 1985 she met her husband Jack Hartney. They married the next year and moved to Ontario bouncing around the Toronto area for three years while Jack worked in the hotel food service industry (continued on Page 16)



Amadeus Hillstrom not only teaches — she still performs. In 2013, Hillstrom stood on the left, a part of the cast of *The Golden Apple*. The play is a production of Jacques Dutilleul's *Alive and Well & Living in Paris*. (QC PHOTO BY ROY ANNA)

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The family dinner wasn't necessarily a thing in our family. But they aren't bad memories, it's just the life, and I've never known anything else. — Jacqueline Burtney

With baby Jacqueline joining the family in September 1980, you might wonder how Hilstrom kept her career going, but she started teaching private voice lessons out of their home.

"I could never be still for long!" For that matter, you might wonder why she had kids at all, being a stage performer with ground squirrels. But she loved children and having her own family meant a lot.

For actors, you spend a lot of time living out of a suitcase, and I remember feeling really tired of that. You don't have any place you can call your own," says Hilstrom. "That was really important for me to find I was settled and that I finally had something that was mine. My kids were mine."

Though one door closed — moving to London was unlikely at this point — another door opened. Hilstrom started developing musical theatre workshops for youth and continued that work when the family moved to Regina in 1981 for Jack's new job at the Delta (now a Rundle).

"Though the biggest of the time they wouldn't stay here long, they still live in the townhouse. Albert took home they bought for \$70,000."

♦ ♦ ♦ ♦

At 17, Hilstrom is finally learning how to not lose herself entirely in her work.

In August she found a lump in her right breast and had a lumpectomy as the first step to treat the stage 1 cancer. It was a wake-up call. Before then, she's taken better care of her self, eating healthier, eating more. She's tried to shorten her regular 16-hour work days, which also include on-erotic dancing *The Golden Apple Theatre*.

"She is the person who stands up while she watches TV. There's never a moment where she really relaxes," says Burtney.

Working so much was tough on her family too.

For Burtney, the sacrifice was less because she saw her mom all the time. She didn't have to go to a babysitter after school — the studio was my babysitter and I get to hang out with my mother every single day.



Hilstrom's daughter Jacqueline Burtney (right) studied at Class Act and chose to pursue a career in dance. QC PHOTO BY BOB ARTS.

But, she admits, there were things she missed out on — sleepovers, birthday parties even seeing friends after school. Her home life was dif-

ferent from that of a lot of children. "The family dinner wasn't necessarily a thing in our family," says Burtney, "unless you count those 18

year meals after a night of dinner parties. But they aren't bad memories, it's just the life, and I've never known

anything else." "My family sacrificed a lot for me to be doing what I'm doing in this community," says Hilstrom.

For actors, you spend a lot of time living out of a suitcase, and I remember feeling really tired of that. You don't have any place you can call your own, — Hillstrom

Her support was, and still is, spread to the hundreds of youths who have walked through her door.

"She really does give so much of herself to the company," says Matysko. "And that's because she wants to be really done over. And I know she has so much pride in their work."

• • • • •

"What we do here in Saskatoon, we make work happen for ourselves," says Hillstrom. "We are entrepreneurs, most of us, artists. We make jobs for ourselves because other people aren't necessarily going to."

So in a new city in 1986, while acting at the Globe Theatre, she started thinking about a theatre company that would allow her to share her love of the arts.

In 1986 she started Class Art Theatre Company teaching theatre and performance skills to kids aged 10 to 14.

Do It With Class was the next logical step, offering more performance opportunities to students.

The company's first show in January 1989, a collaboration of music, drama and monologues, was performed on the Globe Theatre stage.

"It was just a week," but it grew — from a small company to one that employs up to 17 teachers a year, four full time, teaching classes like music and theatre, drama and dance classes in ballet, jazz, tap and acrobatics.

About 300 students aged 10 to 15 attend each year, none spending a dollar hours a week in class.

"It's this semi-professional atmosphere," says Matysko. "It's a lot of training, it's intensive. They even so much into the year." Outgrowing a space in the Conservatory, an 1994 Class Art bought its own space in the Warehouse District on Seventh Avenue. But in 2013, it was destroyed by fire, a tremendous blow they're still getting over.

• • • • •

It's big business, says Hillstrom. Productions can cost up to \$30,000.

"This is not like a couple breaded buns that's thrown out there for some kids to have a nice little performance."

"That kind of opportunity to be producing work like that when you're 12 that age is really invaluable especially if you're going to go into the field," says Matysko.

There are no grants. The company relies on ticket sales. One of its big money makers is the Rocky Horror show. The annual Halloween performance has become a DINK tradition, performed the past six years.

A newer tradition The Nutcracker, which saw its second performance last month as part of the Class Art Winter Holiday Company.

The belief in the value of the arts is being lost, Hillstrom believes. She wants to encourage young actors who want to work in the field but she's honest with them about the highs and lows. Working three jobs, waking up at 4 a.m. for the first job, scuffling off to acting lessons and rehearsals and auditions and other jobs.

Discipline can start.

"I'm never really in the same city longer than three months. It gets really hard sometimes to find grounding, find relationships and keep relationships strong," she says.

"You've got to really want it," says Hillstrom. "You've got to love it."

aman@leaderpost.com



Performers (left to right) Jessica Schlegel, Giovanni Stancik, Matt Gilbert, Mike Becker and Jamie Lenneman star in the Do It With Class Young People's Theatre production of The Rocky Horror Show.



Chelsea Woodard, Suzanne Rouds, Natasha Masluk, Sarah Gentry and Kayden Tuck, left to right, are among the cast members of Twelfth Night in 2015, produced by Do It With Class Young People's Theatre in Regina. (C) PHOTOGRAPH BY MICHAEL HILL.

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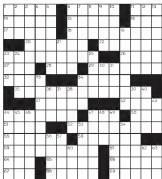
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PUBLIC BY STEVE SHARP

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JANRIG CLASSIC SUDOKU

Level: EASY

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from EASY (lowest) to HARD (highest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to art@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Melkamu Keenani Cheneayaka**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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ON THE SCENE

DO IT WITH CLASS 20TH ANNIVERSARY GALA

Do It With Class capped off an anniversary weekend on Saturday with a gala featuring dinner and drinks, a dance and entertainment by its talented performers at the Cansous Arts Center. The theatrical company for young people celebrates 20 years this month. DWIC presented four shows of *Thelma* at the Cansous Arts Centre last week, but the gala was a chance for everyone to catch up and unwind. About 170 people attended the party, which was emceed by DWIC alumni Kyle Colombia and Jacqueline Bortney.

1. Amy Zaczynski and Ryland Alexander

2. Jacqueline Bortney and Kyle Colombia

3. Bryan Olivas, Teresa and Jordan (from left)

4. Robert Urwin and Anderlie Hillman

5. Jayde Cameron, Taylor Cameron, Marissa Beatty and Alice Wilcott (from left)

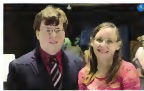
6. Orlando (far right) and Lorenze Salazar

7. Michael MacLary and Kyle Gian

8. Colin Kartz and Justine Kerr

9. Tanya Cameron, Shen Beatty and Kayla Gloor

QC PHOTOS BY MICHAEL BELL



READ MY BOOK

ELAINE WILL

Graphic novel depicts struggle with mental illness

Hi, I'm Elaine. I've been drawing comics and making other art since I was five years old, and I've struggled with depression and social anxiety since I was 15. In 2011, I self-published my first comic book. Later that same year, I suffered a severe mental breakdown.

I was ashamed of this for quite some time. Whenever I'm upset about something, I draw out my frustrations. I realized that I would have to draw something about my experience, and a graphic novel seemed a good fit.



Elaine Will

Ahead is a story about a character who goes through many of the same things I went through.

Jeremy Knowles is 17 years old and lives in a neighbourhood Canadian town. He is a social outcast at school, plagued by bullies, and is also in love with a girl who doesn't know he exists. He is constantly anxious and has trouble sleeping as a result. Eventually this catches up with him and the lack of sleep begins to cause painful delusions.

Jeremy is hospitalized multiple times as he and his parents struggle to understand what's happening to him. In addition to believing that he is a being of great power who must save the world through his art, he is also occasionally being followed by a demon who erases his every action. All this, plus the side effects of medication and the frustration of the mental health system.

Like me, Jeremy is also an artist — and eventually draws himself back to health.

I'm told by friends, colleagues and reviews alike that *Look Straight Ahead* is a very powerful story I once said and that if I could help



even one person with this book, I would have done my job. I've heard from a number of readers readers that the comic has indeed helped them with their own struggles.

One last word about the title "*Look Straight Ahead*" refers to a technique I use to combat anxiety — when I'm in a large crowd or any other situation where I also I need to make eye contact with anyone, I look straight ahead. But it also refers to "looking straight ahead" to the future — not dwelling on past regrets.

Creating this book was a very satisfying and cathartic experience and I'm sure it won't be the last book I do on the subject. *Look Straight Ahead* is currently available from both Comic Bookers bookstores in Regina and Saskatoon. It's available at McNally Robinson, Pitt Street Books & Comics, Universal City, Children's Bldg and Amazing Stories.

NEXT WEEK: What do you think of vaccinations?
Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How involved are you in your children's school life?



"As involved as I can be. If the school needs help, I would always volunteer. If my child struggles with anything, I'm extremely involved. The only part one who is making the difference in figures make it a good one. The teacher isn't able to do it all themselves. It's too much work!" — Alyssa Cossentino

"I have always believed my children's school life is an extension of home. There have always been volunteers in our school bus, from kindergarten all the way through high school, from helping with arts and crafts to driving them somewhere. As the way up to parent participation on high school music team. Every experience provided me a great opportunity to learn more

about my children and their friends. I highly recommend all parents being involved as much as they can." — Judy S.

"I am very involved with my children's school life in terms of communication with the teacher and participating in school fundraisers, etc. Being a teacher myself it is sometimes hard to be as involved as I would like, since I have commitments at my school as well." — Michelle Goodrich

"So we both work during the day, we are only involved with special activities, such as award ceremonies, interactive concerts. I try to find out when they do a playday and will help with homework when we're home." — Carol Costanzo

WINE WORLD

THE BEACH HOUSE SAUVIGNON BLANC SEMILLON

Winter provides a built-in chiller for your pleasure

By James Romanow

You can bask the winter off your face, but I rather appreciate it. I don't particularly like the cold, but I have appreciate having a super-chiller just outside my door.

You need a barker with ice buckets or at least permafrost. Park the champagne in the snowbank while waiting between the garage and the house, and by the time you have your coat off and the mail sorted, it's ready to go.

Unlike the rest of the world, I drink white wine all year round. Oh, I do drink more in the summer, but there are moments when your tongue just craves out for something more singular, say, dryness than red.

The issue of choosing a coastal segment among white drinkers. Some folks can't stand the highly aromatic grapes like Riesling and Gewürztraminer, others adore them. Chardonnay can be quite fit, almost gray, Sauvignon Blanc can feel like a tongue scraper. What to do?

Do as the Francophones has done for centuries: Drink blends. The Beach House is a wine aimed at glazing the whole world, and I would say they largely succeed. They start with a very young South African Sauvignon Blanc, a wine I adore but can be too sharp for many people. To that they add Semillon. The grape adds a silky



texture, and calms some of the edginess of Sauvignon Blanc. The more I drink this combination, the more I like it.

This is a great shrimp or scallop wine: nice with crab but probably not sturdier, especially if you stand up to lobster or butter. If you're a white wine drinker, it's a must.

The Beach House Sauvignon Blanc Semillon, South Africa, 2012. \$44 ****

More great white wine deals in Monday's perspective on Twitter @jromanow

ASK ELLIE

Complicated relationships from past may hurt new one

Q: During and after a messy breakup, I spent nine months without any intimacy. It drove me up the wall.

Four months later, I partnered in business with a guy and we became intimate. He knew I'd experienced two messy breakups — one a cheating, one a nasty guy — and I didn't want a relationship.

I knew he had a girlfriend whom he loved for, but still withdrew intimacy. Our relationship is great and honest. I want him to be honest with her because, as a victim of cheating, I know how damaging it'll be if she discovers him cheating.

I feel extremely guilty sometimes, knowing what I'm doing is wrong, though this relationship helped me regain self-confidence.

As I'm now seeing someone else, I cut off all intimacy with him, but we're still great friends.

Is it wrong for me to ask him to tell his girlfriend about us? Our friendship might suffer, so I've met her and we might be seeing each other often.

I can live with the secret, but I know I'll feel that little pang of guilt. Also, would it be wrong if I didn't tell my guy about his friend with benefits? If I do, I should avoid seeing who is on my friend list still be in the picture.

A: Multiple Anonymous Connections ships when I usually tell people to avoid. Sometimes, you expect only a pang of guilt where others would be deeply anxious about exposure. You've found a similar angle in your "Bye," who also recognizes tangled relationships.

Will you both be able to keep your "secret" while he stays with his girlfriend and you go clear to someone else?

Who knows? But here's what observing humans are has shown me:

Your previous unhappy relationships have given you a sense of entitlement, which, if it persists, will lead you to trouble. If you ever were deeply into someone for the long term.

Most never stop to tell well to others about all secrets. Most ex-lovers do NOT want their girlfriends to know they cheated.

Most relationships thrive on one-on-one loyalty, and few complications. Good emotional attachment to this friend.

Q: This fellow and I got to know each other over the course of a year. I'm cautious about not jumping into a relationship. This was developing slowly, just getting to know each other.

After six months, I had a feeling he was

Ask Ellie



holding something back. I finally told him so I just let it coast and kept him somewhat at arm's length. It turned out he was right. Once I discovered this fact, he said he wanted more with me.

I said that he'd better think about what he was doing, and that he was about to lose everything and he said that was adult life over. Knowing that, in a split, his wife would get half of everything he owned and she deserved it.

I was truly hurt. I didn't want to start a relationship that way and I had no desire to start another someone. Today he's a good friend and thinks me whenever I see him, for seeing his marriage and his life.

My Bad Luck

A: I disagree with your "bad" luck. I think you're fortunate to have been cautious in this relationship to trust your instinct, and respect all privacy.

Now avoid yourself: months/years of being his lifelong pal, or as he's currently ill and lonely and on his, and perhaps never tell his wife.

On he did finally divorce and you ended up with him as second person.

Q: I dated a girl I've known for awhile. We both agreed that we were everything each was looking for. She has great morals and values with her priorities straight, which attracted me.

But a few days into the relationship, I started getting the cold shoulder. She said she wanted to do the best thing for her and that there was a lot of drama going on.

She said we should just be friends. I thought, nine days, so we can start our new friendship off right.

A week later, she's back to her old self, so we replied to texts. Should I keep waiting for her or just move on?

Heating Heartbreak

A: Drama doesn't end in a week. She has issues, perhaps her ex or her child's reaction to her dating. Her priorities are still adorable.

Take a break for two months, and just send out (not needy) texts from time to time.

Crossword/Sudoku answers

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8	9	1	2	4	3	5	6	7
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9	1	8	6	5	7	4	2	3
2	3	7	9	1	4	8	5	6

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